



Practice Examples U7 / U8

Practice Focus: Dribbling

Warm Up (10 min) – 2v2, 3v3, 4v4 in appropriate sized small grids on field with goals using cones

Water Break

Skill Games (20 min)

Game #1 - Coach “Simon” Says

All players have a soccer ball and dribble in the field.

When the coach says “Coach Says”, then the players have to perform the action the coach calls out.

Examples: put your foot on the ball, dribble with your right foot, score a goal, toe taps, tick tocks, etc. The more fun the better!

Then have players resume dribbling, “Coach says dribble”, until the next “Coach Says”.

Water Break

Game #2 - Red Light, Green Light

All players start on sideline with ball.

Coach says “green”, players dribble forward, Coach says “red”- players stop.

Have players stop the ball with the sole of foot.

Encourage players to keep the ball close to them.

First player to dribble to and stop on the opposite sideline wins.

Repeat game 3 or 4 times.

Water Break

Game #3 - Freeze Tag

All players with ball dribbling in the field.

When tagged by the coach, players freeze with their legs apart.

Frozen players can resume dribbling when a teammate kicks a ball between their legs

Water Break

Scrimmage (20 min) – Scrimmage the team on the opposite side of the field.

Practice Focus: Passing

Warm Up (10 min) – 2v2, 3v3, 4v4 in appropriate sized small grids on field with goals using cones

Water Break

Skill Games (20 min)

Game #1 – Passing Count. Players in pairs with one ball, approximately three yards apart. Inside of foot pass and trap, using “two-touch” passing. The pairs can count the number of passes made in one minute.

Water Break

Game #2 – Passing Window. Create a small window with two cones 4 yards apart. Split the team evenly into two groups. Each group should line up about 6 yards from the passing window. First player in line passes the ball through the window to the first player in the other line. Passing player then follows their pass to the back of the other line by sprinting outside the window. The receiving player then traps the ball and plays the ball back through the window to the next player in line, then sprints to the back of the opposite line. Repeat. Several windows can be used to limit length on lines.

Water Break

Game #3 – Keep Away. Put team into a circle with one player in the middle. Using 1 or 2 soccer balls, have the players on the outside of the circle pass the ball back and forth. The player in the middle plays defense and tries to steal the ball. First pass is “free”. Add challenges such as: players must pass the ball across the circle, not to the player next to them, players can only use 2-3 touches, must move to a new spot on the circle after each pass, see how many pass they can complete before defender wins the ball, etc.

Water Break

Scrimmage (20 min) – Scrimmage the team on the opposite side of the field.

Practice Focus: Shooting

Warm Up (10 min) – 2v2, 3v3, 4v4 in appropriate sized small grids on field with goals using cones

Water Break

Skill Games (20 min)

Game #1 – Clean the Yard

Divide your field in to 2 halves. Place all of the soccer balls on the centerline. Divide your team into 2 groups. Using their laces or inside of the foot (no toe), have the players kick the soccer balls into the other team's "yard" (half of field). Players cannot cross the centerline. After a few minutes, stop the game and count how many soccer balls each team has in their yard. The team with the fewest soccer balls in their "yard" wins! The object of this game is to repeatedly practice the correct technique of striking the soccer ball to shoot.

Water Break

Game #2 - 4 Goal Game

Coach sets out 3 goals with cones on the perimeter of field. Use main goal as 4th. Every player has a soccer ball. Each player is to score as many goals as they can (using their laces) in all goals in 5 minutes. Player with the most goals wins!

Water Break

Game #3 – Pumpkin Patch

Coach spreads out all soccer balls on the half way line. These are the pumpkins in the patch. Players are lined up by the goal line. When coach says "Go", all players run to the middle of the field, get a soccer ball and dribble to the goal to shoot using their laces. Repeat several times

Water Break

Scrimmage (20 min) – Scrimmage the team on the opposite side of the field.